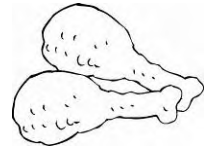
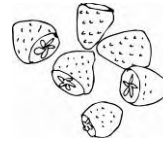
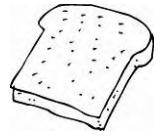
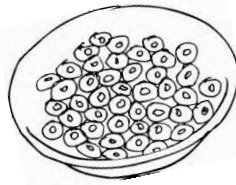


# Iron

## Investigation

### Answer Key



1. Iron is a (circle the correct answer):

Vitamin

Carbohydrate

Mineral

2. Answer True or False

True Iron helps make hemoglobin which is in red blood cells.

False Hemoglobin is part of the white blood cells.

True Red blood cells deliver oxygen to the cells in our body.

True Without enough iron our body may feel tired and weak.

False Foods high in iron include dairy products.

True Lean red meat, whole wheat/enriched breads or cereals, dried fruit, and spinach are good sources of iron.

3. The helper vitamin for iron is (circle the correct answer):

Vitamin A

Vitamin C

Vitamin D

4. List some foods high in vitamin C:

Oranges, strawberries, tomatoes, broccoli, kiwi, grapefruit

5. Write down a breakfast menu that you would enjoy that includes a good source of iron and vitamin C.

Iron-fortified cereal (like Total® with strawberries or whole wheat toast with orange juice.

*Developed by: Denise Zimmer, RD, Eat Smart Be Smart Guide: Lesson Third Grade—Iron Investigation*

# Eat Smart Be Smart

Design by K. Pullman RD, LN—2008